

Recept geschikt voor: 4 personen | **Moeilijkheid:**
Voorbereidingstijd: 5 min | **Bereidingstijd:** 50 min | **Totale bereiding:** 55 min

Bertyn producten: Veggie Mince

Bron: bertyn.eu | Chef: Serge Restiau | © Serge Restiau

Vegetarian spaghetti bolognese with seitan

Ingrediënten

- 2 Veggie Mince
- 1 large onion
- 1 red pepper
- a drizzle of extra virgin olive oil (Amanprana)
- 2 cloves of garlic
- 1 tablespoon of Flamuno or Immuno Botanico-mix (Amanprana)
- 4 large tomatoes
- fresh ground pepper
- a pinch of fleur de sel (Amanprana)

Bereiding

1. This is a very easy pasta sauce.
2. Separate the mince as described on the packet.
3. Cut the onion and the pepper into thin half rings.
4. Heat a drizzle of olive oil and fry the onion and pepper rings.
5. Crush the garlic and add this to the vegetables, when tender.
6. Lower the heat.
7. Add the seasoning mix and simmer gently.
8. Stir regularly, so that the herbs do not become burnt or scorched.
9. Mix the seitan into the sauce and continue simmering gently.
10. Cut the tomatoes into cubes.
11. Add these and simmer for a further 45 minutes.
12. Season with a little pepper and fleur de sel.